

## BRAISED ALBERTA TURKEY WINGS

What better way to feed humongous appetites than by serving them colossal sized fresh Alberta turkey wings!

Ingredients:

6 Alberta turkey wings

Paprika

Salt

White pepper

Garlic salt

1 qt. turkey broth

1/2 c. flour

1/2 c. diced green bell pepper

1 c. diced onion

1 c. peeled tomatoes

Cut turkey wings at joints and use the tips to make a savoury turkey broth, just add water 1 carrot, 1 onion, 1 whole clove of garlic, some whole peppercorns a bay leaf and a small branch of celery. Let simmer for about one hour, season with salt and pepper and voila, you've got home made turkey broth!

. Arrange meatier wing portions in shallow baking dish and season to taste with paprika, salt, white pepper and garlic salt. Bake at 450 degrees until golden brown, turning as needed to brown evenly, about 20 minutes.

Gradually stir chicken broth into flour until smooth. Add green pepper, onion and tomatoes. Pour sauce over turkey wings and continue baking at 250 degrees for 1 1/2 hours, or until tender. Makes 6 servings regular servings or 2 athlete sized servings!

Chef Aurelio Gualtieri

Fuel for Gold

\*You can definitely spice things up in this recipe, add your favourite hot sauce or some fresh cut and seeded jalapenos!